

MAIN POOL TIMETABLE (22nd July – 1st September 2019)

		06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
MONDAY	1	Open Swimming Members and Public 07:00-21:00																										Octopush 21:00-22:00		MONDAY				
	2	Members Only 06:00-07:00																													Pool Closed			
	3																																	
	4																																	
	5																																	
	6																																	
	7																																	
	8	York Triathlon 06:00-08:00		UYSWC 07:00-08:30				Aqua 9:00-10:00				Swimming Lessons 13:00-15:00				Swimming Lessons 16:00-19:30				Tad/ York Sport SC 19:30-21:00														
TUESDAY	1	Open Swimming Members and Public 07:00-20:00																										Octopush 21:00-22:00		TUESDAY				
	2	Members Only 06:00-07:00																													Pool Closed			
	3																																	
	4																																	
	5																																	
	6																																	
	7	Staff Training																																
	8	Swimming Lessons 13:00-15:00				Swimming Lessons 16:00-18:00				Open Swimming Members and Public 18:00-20:00				York Triathlon 20:00-21:00				UYSWC Water Polo 19:00-21:00																
WEDNESDAY	1	Open Swimming Members and Public 07:00-12:45																										UYSWC Water Polo 12:45-14:15		Open Swimming Members and Public 14:30-22:00		WEDNESDAY		
	2	Members Only 06:00-07:00																												Pool Closed				
	3																																	
	4																																	
	5																																	
	6																																	
	7	York Triathlon 06:00-08:00		UYSWC 07:00-08:30				Aqua 8:45-09:30				UYSWC 14:30-16:00				Swimming Lessons 16:00-19:00				Adult L2S 19:00-20:30														
	8																																	
THURSDAY	1	Open Swimming Members and Public 07:00-22:00																										THURSDAY						
	2	Members Only 06:00-07:00																												Pool Closed				
	3																																	
	4																																	
	5																																	
	6																																	
	7	YUSU TRI 07:00-08:30																																
	8	Swimming Lessons 13:00-15:00				Swimming Lessons 16:00-18:15				Tad/ York Sport SC 18:15-19:45																								
FRIDAY	1	Open Swimming Members and Public 07:00-21:00																										Members Only 19:00-21:00			FRIDAY			
	2	Members Only 06:00-07:00																												Pool Closed				
	3																																	
	4																																	
	5																																	
	6																																	
	7	York Triathlon 06:00-08:00		UYSWC 07:00-08:30				Aqua 9:15-10:00				Swimming Lessons 13:00-15:00				Swimming Lessons 16:00-19:30				UYSWC 19:00-21:00				York Triathlon 19:30-21:00										
	8																																	
SATURDAY	1	Open Swimming Session Members and Public 08:30-17:30																										UYSWC Water Polo 17:30-19:00			Open Swimming Members and Public 19:00-20:30		SATURDAY	
	2	Members Only 07:00-08:30																												Pool Closed				
	3																																	
	4																																	
	5																																	
	6																																	
	7	UYSWC 07:00-08:30		Swimming Lessons 08:30-12:15				Parties 16:00-17:00																										
	8																																	
SUNDAY	1	Open Swimming Session Members and Public 08:30-20:30																										SUNDAY						
	2	Members Only 07:00-08:30																												Pool Closed				
	3																																	
	4																																	
	5																																	
	6																																	
	7	UYSWC 07:00-08:30						Parties 16:00-17:00																										
	8																																	

SMALL POOL TIMETABLE (22nd July – 1st September 2019)

		06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00		
MON	1	Pool Closed						Open Swimming Members and Public 09:00–13:00	Swimming Lessons 10:00–12:00				Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Pool Closed			Open Swimming Members and Public 21:00–22:00	1	MON									
	2	Pool Closed						Swimming Lessons 09:00–11:30				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Pool Closed	Open Swimming Members and Public 20:00–22:00			2										
	3	Pool Closed						Swimming Lessons 09:00–12:00				Open Swimming Members and Public 09:00–12:45	Pool Closed 12:45–14:30		Open Swimming Members and Public 14:30–16:00		Swimming Lessons 16:00–20:00				Pool Closed			3												
TUE	1	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed			1	TUE									
	2	Pool Closed						Swimming Lessons 09:00–12:00				Open Swimming Members and Public 09:00–12:45	Pool Closed 12:45–14:30		Open Swimming Members and Public 14:30–16:00		Swimming Lessons 16:00–20:00				Pool Closed			2												
	3	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed			3										
WED	1	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed			1	WED									
	2	Pool Closed						Swimming Lessons 09:00–12:00				Open Swimming Members and Public 09:00–12:45	Pool Closed 12:45–14:30		Open Swimming Members and Public 14:30–16:00		Swimming Lessons 16:00–20:00				Pool Closed			2												
	3	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed			3										
THU	1	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed			1	THU									
	2	Pool Closed						Swimming Lessons 09:00–12:00				Open Swimming Members and Public 09:00–12:45	Pool Closed 12:45–14:30		Open Swimming Members and Public 14:30–16:00		Swimming Lessons 16:00–20:00				Pool Closed			2												
	3	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed			3										
FRI	1	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Pool Closed			1	FRI										
	2	Pool Closed						Swimming Lessons 09:00–12:00				Open Swimming Members and Public 09:00–12:45	Pool Closed 12:45–14:30		Open Swimming Members and Public 14:30–16:00		Swimming Lessons 16:00–20:00				Pool Closed			2												
	3	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed				3									
SAT	1	Pool Closed						Swimming Lessons 08:30–12:10				Open Swimming Members and Public 12:10–16:00				Parties 16:00–17:00		Pool Closed	Open Swimming Members and Public 18:00–19:00		Pool Closed			1	SAT											
	2	Pool Closed						Swimming Lessons 08:30–12:10				Open Swimming Members and Public 12:10–16:00				Parties 16:00–17:00		Pool Closed	Open Swimming Members and Public 18:00–19:00		Pool Closed			2												
	3	Pool Closed						Swimming Lessons 08:30–12:10				Open Swimming Members and Public 12:10–16:00				Parties 16:00–17:00		Pool Closed	Open Swimming Members and Public 18:00–19:00		Pool Closed			3												
SUN	1	Pool Closed						Open Swimming Members and Public 09:00–16:00				Parties 16:00–17:00				Pool Closed			1	SUN																
	2	Pool Closed						Open Swimming Members and Public 09:00–16:00				Parties 16:00–17:00				Pool Closed			2																	
	3	Pool Closed						Open Swimming Members and Public 09:00–16:00				Parties 16:00–17:00				Pool Closed			3																	

Pool Information

Eight-lane 25m main pool has a depth of 1.2m through to 2m.
Temperature around 29°C.

18m small pool has a depth of 0.8m through to 1.2m.
Temperature around 30°C.

All users must abide by Pool Rules as displayed in changing areas.

Swimming sessions with diagonal lines will start from 2nd September

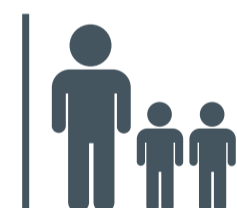
*Times and sessions are subject to change due to University and local school term dates, please check the York Sport website for up-to-date programmes.

Please enquire at reception for information regarding bank holiday opening hours, or visit york-sport.com for timetable changes.

Swimming with children?
Adult to child ratio:



1 adult and 1 child 3 years or under



1 adult and 2 children aged 4-7 years



8+ years

Term dates – 2019/20

30 September 2019 – 6 December 2019

6 January 2020 – 13 March 2020

14 April 2020 – 19 June 2020

For changes to the timetables please visit
www.york-sport.com/timechanges



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